Easy to Buy.

Easy to Pay.

PHYSICAL CULTURE AND BODY BUILDING

Prepared by ANTON SCHATZL.

RULES OF HEALTH.

Diet Table.

Easy to Direct—Beef, rousted, fat, beef, roasted, lean, beef, broiled, fat, teef broiled lean, beef tea, baked apple, bread, wheat, bread, rye, bread, graham, bread, brief, broked, fruits, without sugar, cooked fruits, without sugar, cooked fruits, without sugar, for haccous pudding, glounders, farinaceous pudding, glounders, farinaceous pudding, grouse, gciatine, hare, haddock, with sauce, haddock, without sauce, kumyss, lamb, fat, lamb, lean, milk, mutton, fat, mutton, lean, mutton broth, marmalade, macaroni, oysters, roasted, pigeon, partridge, pheasant, pears, peas, rabbit, rice, spinneh, sweetbreads, sage, shad, sole, smelt, to-pintoes, trout, tripe, turbot, unpice, toast, vermicell, whey.

intoes, that ormicelli, whey, Moderately Digestible—asparagus, ap-Moderately Digestible—asparagus, ap-les, bacon, beets, barley, bolled, clams les, bacon, beets, barley, bolled, crabs Moderately Digestible—asparagus, apples, bacon bosts harloy, bolled, clams, roasted, cauliflower, crabs, cod, fresh, eocoa, cherries, cream carrots, duck, eggs, hard bolled, grapes, hallbut, strawberries, shrimps, sulpe, souns, cream, soups, plath, squash, tea, herrjus, hashes, liver, lobster, mussels, oat meal, oyster stew, oysters, breiled oyster plant, omons, oranges, peaches, prunes, parsalis, potatoes, white potatoes, sweet, raspherries,



EXERCISE 29.

Fig. 17 of third week's course From Fig. 17 of third week's course, raise both legs forward as shown in Fig. 18 (third week's course). From this position sprend both legs apart as far as possible, as shown in Fig. 29. Resume position shown in Fig. 18 and lower legs to position of starting. The knees must be kept straight throughout the entire movement.

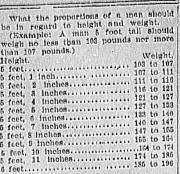
turkey, turtle, turnip, wheat, cracked, wild water fowl, woodcock, veal.

Hard to Digest—Bread, fresh, buckwheat cakes, butter, baked beans, sabage, cakes, hot, cheese, currants, chocolate, corn, green, dates, dandellon, figs, goose, lobster, fried, mackerel, muffins, hot, mushrooms, nuts, oil, oystere, fried, pudding, hot batter, rhubarb, salmon, salt meat, sausage, salt fish, stewed meats.

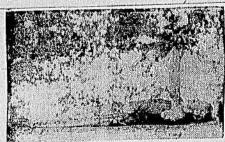
pudding hot batter, rhubarb, salmon, salt meat, sausage, satt fish, stewed meats.

Foods That Are Fattening—Beef, roasted, fat, beef, roasted, lean, beef, broiled, fat, bread, wheat, bread, rye, bread, graham, bread, barley, bread, whole wheat, buttermilk, cheese, Neuchatel, cooked fruits, without sugar, custard, eggs and milk, pudding, farinaceous pudding, hare, haddock with sauce, kumyss, lamb, farples, bacon, barley, bolled, cocoa, cherries, cream, carrots, grapes, strawberries,

soups, cream, squash, bread, fresh, buck-wheat cakes, butter, baked beans, cakes, hot, currants, checolate, corn, green, dates, dandelion, figs, goose, muffins, hot, milk, mutton, fat, mutton, brotn, marm-clade, macareni, oysters, raw, pears, rabbit, rice, sago, taploca, vermicelli, whey, ontmeal, oysters, stew, oyster plant, onlons, peaches, prunes, parsnips, pota-



SIXTH WEEK'S LESSON.



From Fig. 30 take a breathing exercise by inhaling through the nose while through your mouth while you again you lower the arms sideway until the hands rest against the floor and are on

tocs, white, potatoes, sweet, raspberries, wheat, cracked, oil, oysters, fried, pork, pastry, pudding, hot batter, stewed meats, Froods That Are a Good Laxattve-Apples, bacon, barley, boiled, cherries, grapes, hallbut, strawberries, shrimms, snipe, soups, cream, soups, plain, squasu, ten, baked apple, bread, graham, bread, physical culture and hygenic body build-



EXERCISE 31.

stiff, right side of foot and right hand against the right. The legs must be

From Fig. 31, with body straight and kept straight and stiff. Repeat the same exercise by resting the left side of the foot and left hand on the floor resting against the floor, swing lefa leg and swinging the right leg against the

whole wheat, butermilk, cooked fruits, without sugar, cooked, fruits, farinaceous pudding, currants, corn, green, dates, dandellon, figs, catmeal, oranges, peaches, prunes, raspherries, wheat, cracked, mutton, fat, mutton, lean, mutton broth, pears, sphanch, tomatoes, whey, plums, pincapple, rhubarb.

Foods to Be Avoided in Cases of Rheumatism—Beef, rousted, fat, beef, broiled, lean, heef, broiled, fat, heef, broiled, lean, hare, lamb, fat, lamb, lean, mutton, fat, mutton, lean, mutton broth, pork, salmon, baked beans, bacon, hashes, liver, outmeal, veal, rabbit, sweetbreads.

I hope it has found its way into homes and if persistently practiced, as I have outlined this course I know my labors have not been in vain,

know my labors have not been in vain, and feel I must have done much good. If there are any who have not succeeded in deriving some benefit from it, it is wholly on account of their lack of determination in carrying out the instructions as given during the past six weeks. The exercises are the same as I teach business and professional men at the Young Mons' Christian Association. the Young Mens' Christian Association I am yours for good health,

Charlottesville's Fifth Annual Horse Show Was a Great

MARGUERITE AT NORFOLK

Mr. Walker's Trotters-Sue Norfolk and Virginia Maid and Other Winners.

Charlottesville's fifth annual Horse which came off on Tuesday and Wednesday, the 1st and 2d instants, was a decided success. Favored by weather conditions of an ideal sort and a snur entry list this Albemarye show ranks mong the very best that the Virginia roundings fitted by the hand of man to look upon, the attendance numbered course President George L. Mason and Manager Joel M. Cochran were both in high feather over the result and received many congratulations. Indeed, it was suggested that Mr. Cochran should be

marched home in straight heats in 2:241-4, 2:191-2 and 2:191-4, the time of the third heat being a reduction of five seconds from her record of 2:241-4 made in 1903. She is six years old and was bred by Captain John L. Roper, Foxhall Farm, Norfolk, her sire being Great Stakes, 2:20, dam Lady Margaret, by Nallor, 7261. Marguerite is owned by E. C. Hathaway, general manager of the Norfolk Rallway and Light Company, and her winning performance was cheered to the echo by the local contingent. This mare is the third of the get of Great Stakes, who is owned by W. H. Nelson, of this city, to take records better than 2:20, the other two being Foxhall, 2:193-4, trotting, and Captain, 2:161-4, pacing. In this race Marguerite was driven by F. Covington, daughter of Great Stakes was bred and manager of Foxhall Farm, where the foaled.

No private stable in Richmond ever sheltered four more richly bred trotters than that of William A. Walker does in Princess King, chestnut filly, 4, by The Beau Ideal, 2:15-1-4, dam Lady Alma, sister to the Lady of the Manor, 2:91-1-4, by Mambrino King; Chariffer, bay gelding, 3, by Sable Wilkes, dam Clara D., 2:14-3-4, by Belmont; Telka, bay mare, 6, by Arlon, 2:97-3-4, dam La Joia, by Advertiser, 2:15-1-4, and the bay colt, one year old, by Peter the Great, 2:97-1-4, dam Telka. The latter is not only choice as an individual, but bred in lines that figure very high, seeing that the great five-year-old mare. Sadle Mac, 2:96-1-4, lis by Peter the Great, from an Arlon mare. Princess King is about as wellbred as one could ask for, and a trotter, too, as with little handling she has been a half over the Acca Farm half mile track for William Bass in 1:12-1-2 already, and with fortune in her favor she is likely to trot to a low record later on, when right and fit.

Among the nominators to the Souther folds of 1996 are R. C. Brouldus and B. of the chestn utgelling, Jimmy Lane, 5, and the list and the brood in large, with their foals, are:

Local Min, by Potomac—Viola by Kisber.

Haden Lady Alma, by Hanover—Peterville by Peter.

Beaulful Bells by Onondaga.

Hals Day, ch m, 6, by Hanover—Beauliful Bells by Onondaga.

Halmoel Bells by Darquiner.

Halmoel Bells by Onondaga.

Halmoel Bells by Darquiner.

Halmoel Bells by Onondaga.

Halmoel Bells by Onondaga.

Halmoel Bells by Onondaga.

Halmoel Bells by Onondaga.

Halmoel Bells

many congratulations. Indeed, it was suggested that Mr. Cochran should be retained to name dates for succeeding shows, even should private affairs cause him to retire from his present position, so favored has he been by weather conditions for years past. Be that as it may, however, Manager Cochran is of the positive sort, when occasion requires and that with able executive ability has russed the Charlottesville show to a high plane. Harry C. Beattle, of Richmond, Va.; W. J. Carrier, of Manchester, Va., done by Kelly, 2:27, dam Florence Miles, 2:21 1-4, by Kelly, 2:27, dam Florence Miles, 2:21 1-4, while Mr. Nunnally has the bay filly by Kelly, 2:37, dam Annie Virginia, by a high plane. Harry C. Beattle, of Richmond, Va.; W. J. Carrier, of Manchester, Va., the former being represented by the bay filly by Kelly, 2:37, dam Florence Miles, 2:21 1-4, while Mr. Nunnally has the bay filly by Kelly, 2:37, dam Florence Miles, 2:21 1-4, by Kelly, 2:27, dam Florence Miles, 2:21 1-4, by Kelly, 2:27, dam Florence Miles, 2:21 1-4, by Kelly, 2:37, dam Florence Miles, 2:21 1-4, by Kelly, 2:27, dam Florence Miles, 2:21 1-4, by Kelly, 2:37, dam Florence Miles, 2:21 1-4, b

The great brood mares Sue Norfolk, by

THE BEER OF QUALITY,

A HOME PRODUCT.

Bottled at the Brewery.

Home Brewing Company.

HOMBRUCO

Norfolk, and Virginia Maid, by Sam Purdy, who rank among the most noted of Virginia bred troiting matrons, were matted with C. C. Waters's good stailing Kinster, 2:14 3-4, at Germantown, Pa., this season. Sue Norfolk is owned by L. G. Roper, of Roper, N. C., and figures as the dam of Lady Thelma, 2:18 1-4; Foxhall, 2:19 3-4, and Sunol Stakes, 2:22-1-4, while Virginia Maid, bred and formerly owned by William Ellison, of this city, but now the property of Wash Nailor, Washington, D. C., has produced the giant troiter Mosul, 2:09 1-4; Amyline, 2:23 1-4, and Nutwith, 2:29 1-4.

J. B. Ewing, of the Willamette Stud. Lexington, Ky., has shipped ten head of thoroughbreds to the Blue Ridge stock farm, the breeding establishment of the sugar king, Henry T. Oxnard, near Rec-tortown, Va.

sugar king, Henry T. Oxuard, near Rec-tortown, Va.

The chestinut stallion Prince of Mel-bourne heads the list and the brood marcs, with their foals, are: Lacona, blk m, 8, by Fotomac-Viola by Kisher.

Archeress ch m, 11, by Potomac-Viola by Kisher.

The chestn utgelding, Jimmy Lane, 5, by His Grace, son of Oolus, dam Anna Page, by Hayden Edwards, bred and formerly owned by Duff Green, Fredericksburg, Va., won the Ballston Steeplechase, distance about two miles, recently, at Saratoga, and some days latter ran second in another cross-country event. Jimmy Lane, who was sold by the Messrs, Green to "Mr. Cotton," of New York, is a big, fine looking gelding and last year won some good races on the liat. The son of His Grace is aleely broken to harness and a clever driver in addition to being a good cross-country performer as well.

The yearling filly by The Commoner, ham Ma Helle, has been sold by W. O. Parmer, of Nashville, Tenn., to William lerat, same city. Mr Belle, the dam of his filly, was bred in the Ellershie studied stred by Imp. Charaxus, dam Ada Belle, by Eolys. While on the turf live Belle won staty-five races.

The Ellersite bred filly Venus. 2 by the Fatherless, dam Meta Russell. Elous, won her maiden race at Providence on the let instant, where she ran five furlongs in 120 2-2 and won by four lengths, finishing ahead of Kumiss, Nolle Ruris and ten others.

BROAD ROCK.

A Hint to Iardella.

A first to lardella,
Editor of The Times-Dispatch;
Sir,—A number of friends, as well as
myself, would like to have Professor
fradella's Band play Mr. Slaughtery
"Pocahontas" again, Kindly insert this
request in your paper and oblige.

Yours very truly,
NATHAN L. SCH....SS.

This Parlor Furniture Stock should be seen by

Parlor Suits, in 3 and 5 pieces, from the modest suite to

87.50 for Three-Plece Parlor Sulte, tapestry covering; worth \$12.00. \$14.50 for Three-Plece Parlor Sulte, silk damask covering; worth \$22.00. \$21.75 for Three-Plece Parlor Sulte, silk damask covering; worth \$30.00. \$20.50 for Large Five-Plece Silk Damask Covered Sulte, worth \$28.00. \$33.50 for Fine Tufted Spring Edge Sulte, worth \$45.00. \$42.50 for very handsome Spring Edge Tufted Back Suite, worth \$55.00.

every prospective buyer of a parlor suite.

the most elaborate.

This stock comprises everything you could wish for in the way of Couches, Adjustable Sofas, Davenports, etc.

A very handsome Couch, as Illustrated, covered in high grade verous,

in a Quartered Oak

glass ends, mirror top; worth \$22,00.

this very pretty Quartered Oak Rocker highly polseat: worth

Special:

THE STORE THAT SAVES YOU MONEY.

Was Never More Clearly Shown.

never lower our prestige by sacrificing goodness to cheapness; and yet, see how successfully we can compete in price with goods that you know are of inferior quality and poor workmanship. The time is ripe for you to get your house ready for the fall season, and we are ready to supply you with all the needed things. Hesitate long enough to compare our qualities and prices before placing your orders elsewhere.

Even at the astonishingly low prices the high standard of our qualities has been maintained, we will

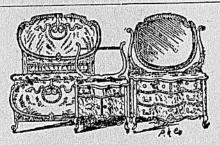
The Price-Controlling Power

You Owe Your Pocketbook That Much Consideration.

of Our Huge Business

Our Carpet Stock

sizes, in Brussels, Velvets, Smyrnas and Axminsters, in cheap and high grades. ALL FLOOR COVERINGS SEWED AND LAID FREE.



An endless variety of Bed-Room Suites, in Oak, Mahogany, Wainut and Bird's Eye Maple, at prices to suit.

Handsome Quartered Oak Bed-Room Suite, highly polished and hand carved, heavy roll bed, swell dresser, with large French plate mirror, deep drawers, brass handles; washstand with tollet; \$58.00 value, special \$41.50 clean-up price....

Fine Solid Oak Bed-Room Suite, dresser has heavy plate mirror, deep drawers, brass handles, washstand to match; \$22.00 value, special \$16.50

Credit Is Good.



Buy Now Pay Later.

CHATHAM BAPTISTS

Question to Come Up at Roanoke Association This Week.

(Special to The Times-Dispatch.)
CHATHAM, VA., August 12.—The RoaTuesday, Wednesday and Thursday, with
Edge-Hill Church, near Lovel Run, this
county. The delegates from the Chatham
Church were instructed to vote for a
continuance of all-day meetings and dinner on the grounds during future meetings of the association. At the meeting
last year the question was brought up,
and after considerable discussion was
carried over until the meeting of the
association this year, when it will come
up for final settlement. Sentiment is
divided, but it is believed that all-day
meeting advocates will win out when the
test is made. (Special to The Times-Dispatch.)

divided, but it is believed that intending meeting advocates will win out when the test is made.

On the lot recently purchased by N. E. Clement, in North Chatham, ground has been broken for a dwelling.

On the opposite side of the street Mrs. John R. Brown is having a cottage erected.

In the same part of town Rev. C. Dabney will in the near future erect a dwelling.

The large brick wholesale store of T. J. Patterson is being pushed to completion. The brick work will be completed this mouth. The owner anticipates it will be ready for occupancy in about sixty days.

THE SAN JOSE SCALE.

The State Entomologist Tells How to Fight the Pest.

How to Fight the Pest.

Editor of The Times.-Dispatch:

Sir. 1 notice in your paper of August
1st a short note in regard to the San
Jose scale and its appearance near Norfolk, and wish to make a short statement in regard to this matter, for your
paper.

We have known for several years that
the San Jose scale was present in this
section of the State; in fact, it has been
found in a few orchards of quite a large
number of the counties. This has been
printed in our reports from time to
time.

All trees badly coated with this insect
had best be destroyed at once, but during
the breeding season it is best to either
burn them just where they are dus or
leave them on the ground to die. They

ANTI-BILIOUS MEDICINE,

in majorial districts their virtues are widely recognized, as they possess peculiar properties in freeing the system from that poison, tiles gantly sugar coated. Take No Substitute.

he undersigned. Yours truly,
J. L. PHILLIPS,
State Entomologist
Blacksburg, Ya., August 10.

CHARLOTTE, N. C.

CHARLOTTE, N. C.

(Special to The Times-Dispatch.)

(ILARLOTTE, August 12.—The past week has been enlivened socially by the presence of the First Regiment, North Carollin, National Guard, encamped here, and Governor Glenn and his personal staff, who were guests of the Southern Manufacturers Club. The feature of the week was the monster reception to the Governor and his staff Monday eyening at the Manufacturers, Club, to which over one thousand invitations were issued. Sanday the chief executive dined with his daughter, Miss Rehocca, at the home of Mr. R. M. Miller, Jr., and took tea with Capt. and Mrs. T. S. Franklin. Monday morning he was entertained at breakfast by Mr. and Mrs. George E. Wilson and dined with Mr. and Mrs. Frank R. McNinch. Four germans, at which Hattery A, Charlotte Artillery, played host, furnished social diversion for the line officers and enlisted men. Misses Doughas and Lucy Robertson have returned home from a visit to friends in Virginia.

Mrs. Latta C. Johnston and family, Misses Evelyn, Kate. Lilly and Mary and Master Rufus Johnston, have returned from an extensive marooning trip in the mountains of North Carolina.

Miss Louise Wadsworth entertained a few of her friends at supper Tuesday evening complimentary to Miss Rebecca Glenn, of Raleigh, daughter of Governor Tuesday evening for New York, from

Glenn, of Raleigh, daughter of tovernor Glenn.
Dr. and Mrs. Walter Brem, Jr., left Thesslay evening for New York, from whence they sail on August 12th for Panama, where Dr. Brem has an appointment as an interne in one of the hospitals of the isthmus.
Mrs. Alfred Augustin Watson, widow of the late bishop of North Carolina, is making her home in Charlette with her daughter, Mrs. John S. Watters.

WARRENTON GERMAN

Attention, Please!!

BALDWIN & BROWN,

Opposite Old Market, RICHMOND, VA. HARDWARE, ROOFING, TIN PLATE, ETC.



BOSHER. The Bosher Park Carl

for single horse or tandem driving makes about the swellest and topplest rig that you can imagine. Like all Bosher's carriages, it has a dash and style that's exclusive—real merit, through and through. Our other styles have the same superiority over the ordinary vehicles offered to the public. Our Stock of Depot Rockaways, Victorias,

Surreys, Traps, &c., Can't Be Beat. REPAIRING AND REPAINTING. Don't fall to send us your vehicle R. H. BOSHER'S SONS SOUTH NINTH STREET.

Bank Street The Broad

Invites the patronage of all who desire the services of a thoroughly equipped, conservatively managed, banking institution.

Interviews and Correspendence Invited

WARRENTON GERMAN

(Special to The Times-Dispatch, WA A Bugust 18—Another large serman was given here on Priday evening many of Warranton's August 18—Another largely industrial to the horse show week. A supper will follow the cyclic was pluyed on Thursday and Friday, nearly adoten participating, Among the comestance were Messrs. Samuel Appleoton, Willam Gaines, Arthur Charrington, Willam Gaines, Art